

## SHELLFISH

### PRAWN COCKTAIL

Served on a bed of fresh salad and Marie Rose Sauce  
340kcal 9.50

### MEXICAN PRAWN COCKTAIL

Served on a bed of fresh salad and Marie Rose Sauce  
182kcal 11.00

### CREVETTES

Served with mustard mayonnaise and a side salad  
412kcal 9.00

### SWEET CHILLI CRAYFISH TAILS

Served with sourdough bread and butter 455kcal  
9.50

### SEAFOOD MEDLEY

Cockles, crayfish tails, shell on prawns, Marie Rose  
sauce 469kcal 18.00

## CRAB & LOBSTER

### WHITE CRAB MEAT

Served with mustard Mayonnaise and a side of salad  
446kcal 16.50

### MIXED CRAB MEAT

Served with Mustard Mayonnaise and a side of salad  
496kcal 15.50

### HALF OR WHOLE LOBSTER

with mayonnaise and fines herbes, price per kilo  
798kcal | 1090kcal

## FISH

### SMOKED SALMON

with sourdough bread and horseradish cream 713kcal  
15.95

### SMOKED MACKEREL PÂTÉ

with sourdough bread and horseradish cream 948kcal  
10.95

### SMOKED MACKEREL FILLET

Bread and Butter Pickle 876kcal 9.50

## SHARING PLATES

### OYSTERS & FIZZ

Six Dorset oysters served with two glasses of Rick's  
Champagne 241kcal 50.00

### SEAFOOD PLATTER

four oysters, Atlantic shell on prawns, mussels, Rick  
Stein's smoked salmon and four crevettes. Served with  
mustard mayonnaise and horseradish cream. 1237  
kcal 37.50

## OYSTERS

### DORSET OYSTERS

Served with shallot vinegar 36 kcal each  
9.00 (2) | 16.00 (4) | 24.00 (6)

### JERSEY OYSTERS

Served with shallot vinegar 36 kcal each  
9.00 (2) 16.00 (4) 24.00 (6)

## SASHIMI

### TUNA, SALMON AND SCALLOP

With mooli, wasabi and soy sauce 125kcal 18.95

### NIGIRI PLATTER, TUNA, SALMON AND SCALLOP

With pickle ginger, wasabi and soy sauce 581kcal  
15.95

## HOT DISHES

### SCALLOPS IN THE HALF SHELL

with hazelnut and coriander butter 406kcal 15.95

### MOULES MARINIÈRE

with sourdough bread 837kcal 13.95

### FISH SOUP

with rouille and garlic croutons 451kcal 12.95

## SANDWICHES

### CRAB SANDWICH

white crab meat, mustard mayonnaise, chilli, parsley,  
butter and lemon on brown bread 600kcal 15.00

**LOBSTER SUB** 400kcal 16.95

**CRAYFISH SANDWICH** 303kcal 9.95

**PRAWN SUB** 421kcal 9.95

**SMOKED SALMON AND CREAM CHEESE BAGEL**  
624kcal 12.95

## SALADS

**GARDEN SALAD** 469kcal 4.50

**CAPRESE SALAD** 404kcal 5.50

**SOURDOUGH BREAD & BUTTER** 847kcal 4.95

## SAUCES

**AIOLI** 759kcal 2.25

**MUSTARD MAYONNAISE** 480kcal 2.25

**MARIE ROSE SAUCE** 543kcal 2.25

**DESSERTS** all 5.95

**MISSISSIPPI PIE** 695 kcal

**RASPBERRY AND WHITE CHOCOLATE FOOL** 333 kcal

**SALTED CARAMEL CHEESECAKE** 496 kcal

**MANGO AND PASSIONFRUIT CHEESECAKE** 360 kcal

# SEAFOOD BAR & FISHMONGERS

Please ask for information on allergens. | Adults need around 2000 kcal a day.